



## Sustainable Recovery (Paperback)

By Keith Kay

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sustainable Recovery is a non-fiction book in the self-help genre, and is dedicated to enlightening anyone seeking recovery from alcoholism, or seeking a greater knowledge of addiction rehabilitation. The book focuses on the author's personal battle with alcoholism. His recovery, first in the conventional Twelve Step model, then later utilizing cutting edge neuroscience and the quantum model is a compelling journey of personal transformation. Drawing on his diverse career in mainstream nursing, as well as extensive knowledge of alternative/complementary healing, the author lays out the formula for his own high-end recovery. Utilizing what has worked the best for the most for the longest from a very contemporary perspective, he further endorses an additional layer atop the 80 year old AA program. Taking the latest up-to-the moment ideas on epigenetics, neuroplasticity and spiritual mindfulness, he offers insight and a practical guide for the recovery and life of your dreams.

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